

Greenbelt Aquatic & Fitness Center

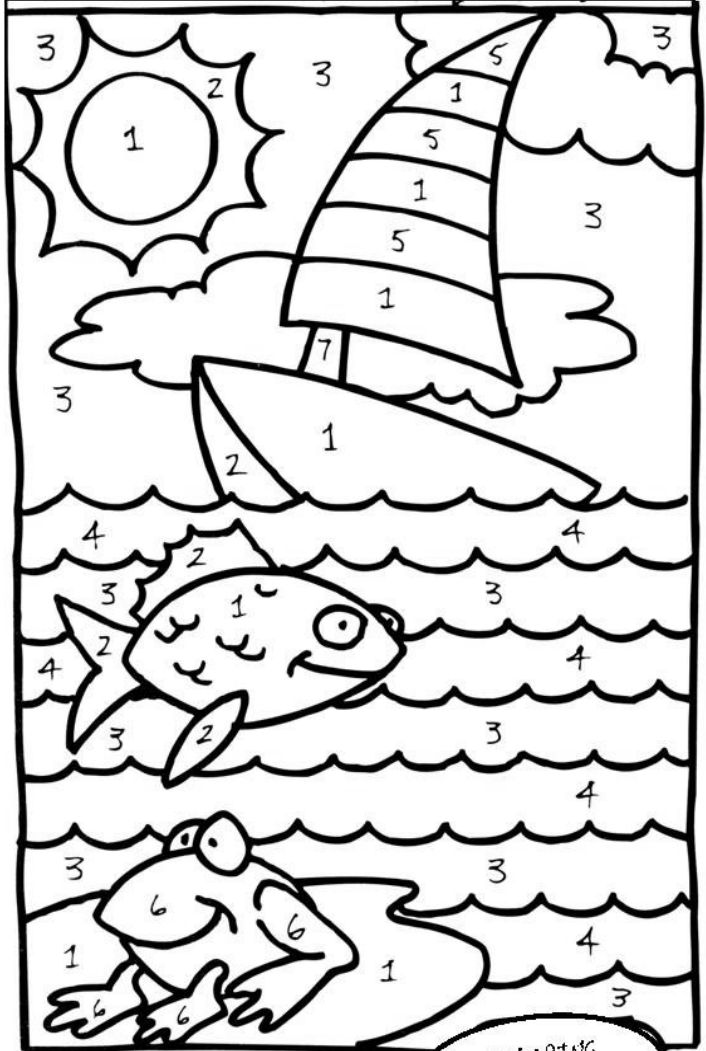


Water Fun Activity Page

How Many Words
Can You Make From
Water Safety?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

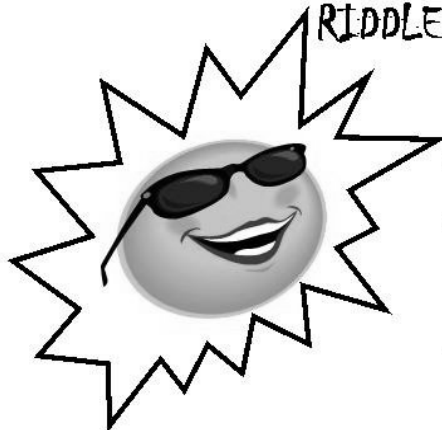
Color By Number ...



COLORING
CODE

- 1. YELLOW
- 2. ORANGE
- 3. LIGHT BLUE
- 4. DARK BLUE
- 5. RED
- 6. GREEN
- 7. BROWN

? CAN YOU
SOLVE THIS
RIDDLE ?



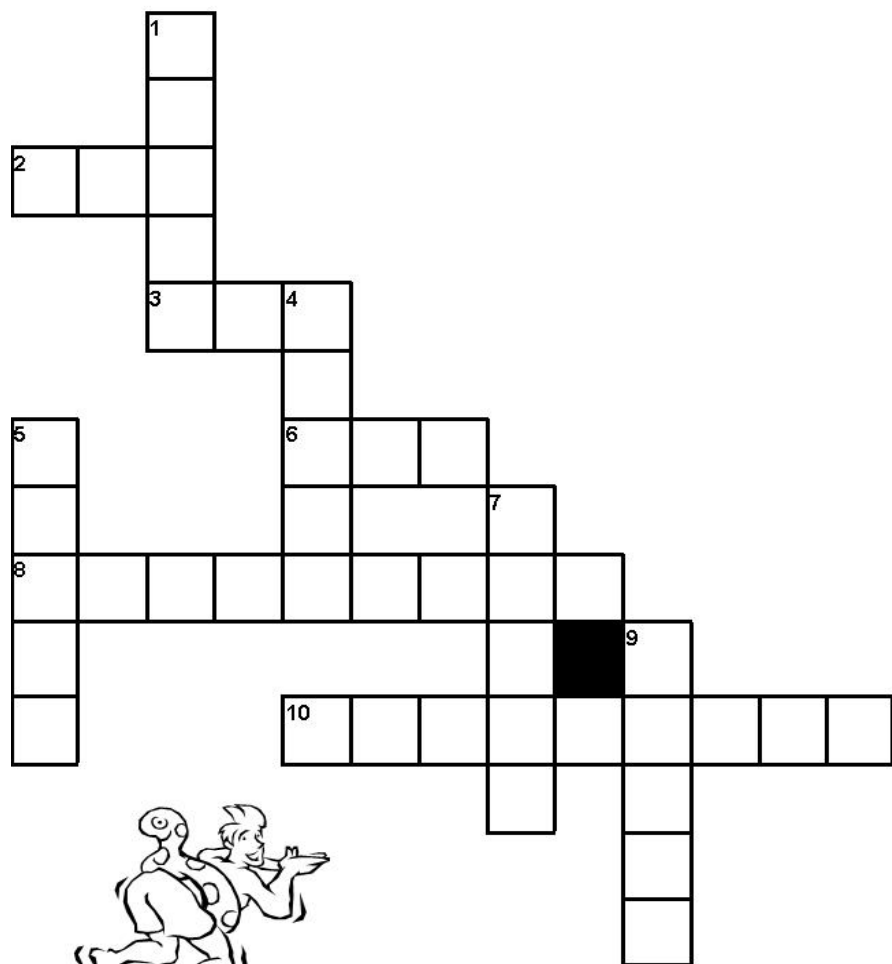
WE APPLY IT
TO OUR SKIN
TO PROTECT
US FROM
THE SUN.

AND

WE PUT IT ON
A WINDOW
TO KEEP THE
BUGS OUT.

IS THE ANSWER.

Be COOL and Follow the RULES



Crossword Puzzle Across

- Only ____ person on the diving board at a time.
- Don't ____ on the pool deck.
- Don't chew ____ while swimming.
- Don't swim when there is ____ and thunder.
- The supervisor at the pool is the ____.

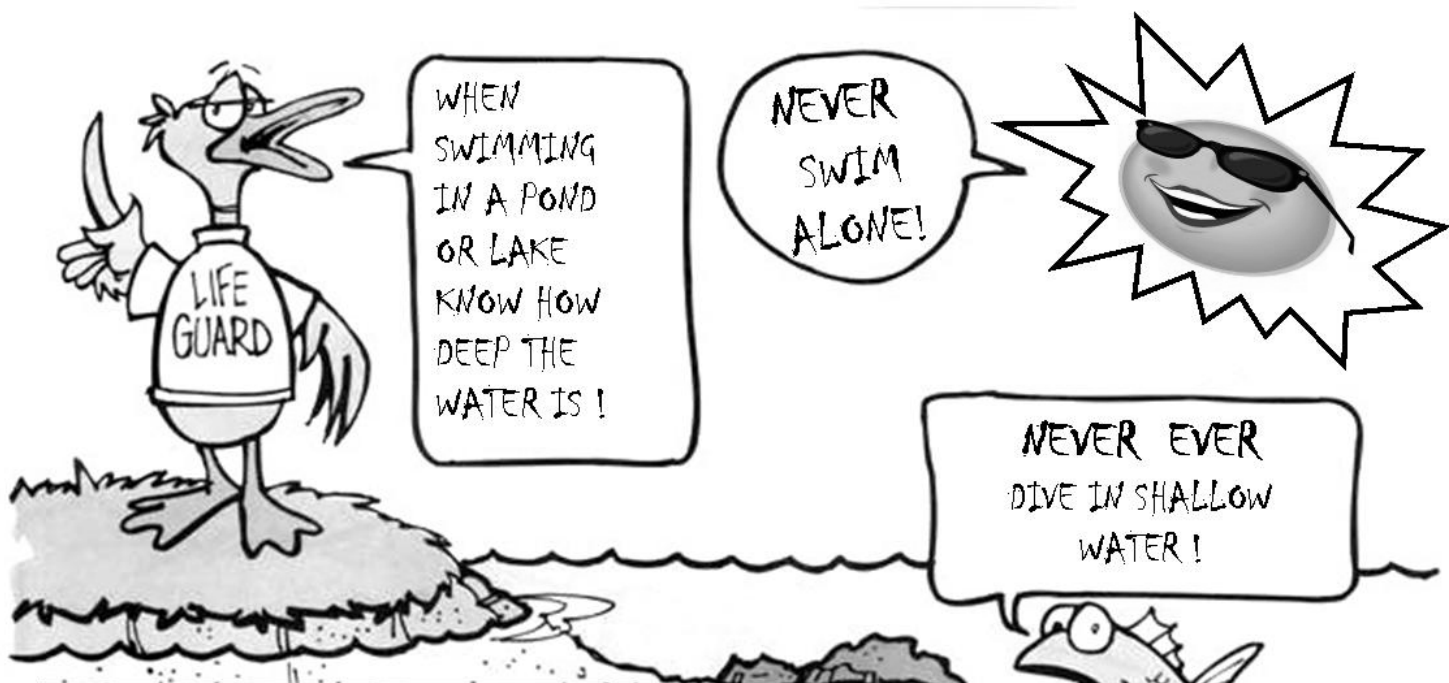
Down

- Always swim in ____ water, not murky water.
- Never swim at ____ or in the dark.
- Be Cool! Follow all the ____.
- Never swim ____ or near the diving board.
- Always swim with a ____.

Sentence Correction

Can you make the changes on these rules to make them right?

- Wear a lifejacket when, in a boat _____
- Always swimm with a grownup? _____
- Don't ever swim at knight. _____
- Do know swim if the water feals to cold. _____
- Follaw, the posted swimming, rules? _____
- Nevr chew gums when you our swimming _____

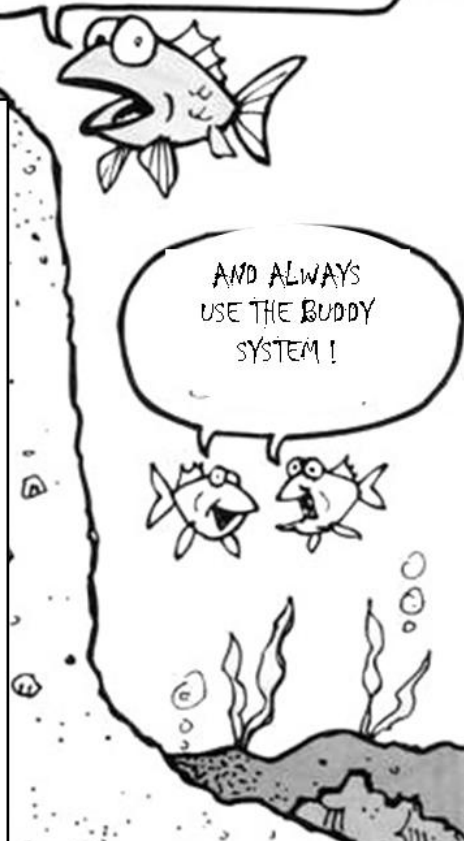


WORD SEARCH



S Q N O F I L T E R
I M A T L A D D E R
W R L I O J S N T V
A B S S A F E T Y S
G O W A T E R O S H
A D I V E V B W U A
R E M R C L N E N L
B E L Q A R T L S L
O P S L I D E Z C O
S U N S H I N E R W
T N P O O L V Q E S
R I O A M P R W E T
M L U A P R A G N O

- WATER
- DIVE
- SWIM
- FLOAT
- SAFETY
- DEEP
- SHALLOW
- POOL
- FILTER
- SLIDE
- TOWEL
- SUNSCREEN
- SUNSHINE
- WET
- LADDER



ALWAYS HAVE A FIRST AID KIT NEAR WHEREVER YOU ARE SWIMMING

GET in the SWIM!

TAKE SWIMMING
LESSONS OR
HAVE A TRUSTED
ADULT TEACH
YOU.



ALWAYS SWIM WITH
A FRIEND AND
KEEP AN EYE ON
EACH OTHER TO
MAKE SURE HE
OR SHE IS SAFE!

THAT'S CALLED
THE BUDDY
SYSTEM.





Cool Pool Tips for Kids

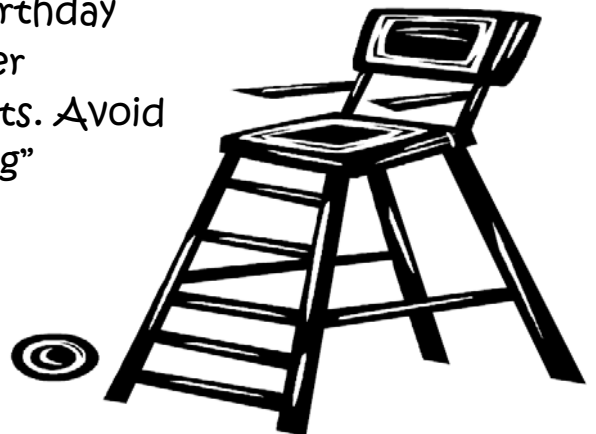
- ♦ Always swim with a buddy in lifeguard supervised areas.
 - ♦ NEVER swim alone!
 - ♦ Be cool & follow the rules of the pool.
 - ♦ Never dive in shallow water. Look before leaping!
 - ♦ Walk, don't run around swimming areas.
 - ♦ Know how deep the water is where you will be swimming.
 - ♦ Don't swallow the pool water. (YUK)
 - ♦ Take a break, use the restroom.
 - ♦ If you need help, alert a Lifeguard.
 - ♦ Use only Coast Guard approved life jackets; not inflatables (water wings).
 - ♦ Does not push, shove, or run near the water. Horseplay can be dangerous.
 - ♦ Never swim around or under diving boards or slides.
 - ♦ When swimming outside, get out of the water if you see lightning or hear thunder.
- 



Cool Pool Tips for Parents/Chaperones



- ♦ Never leave your children alone in or near the pool, even at lifeguarded facilities.
- ♦ Never consider children “water safe” or “drown proof” despite swimming skills.
- ♦ Teach your child safety rules and make sure they are obeyed. *Unruly behavior at lifeguarded facilities distracts the lifeguard from their primary responsibility: to anticipate, recognize, and manage an aquatic emergency.*
- ♦ Do not let your child use air filled “swimming aids”, such as water wings, because they are not a substitute for Coast Guard approved lifejackets and can be dangerous.
- ♦ Get in the pool and stay within arm’s reach of an inexperienced swimmer.
- ♦ Do not let inexperienced swimmers or non-swimmers in or around water that would be over their head. Know the swimming abilities of the children you are supervising.
- ♦ Be sure the adult watching your child is indeed watching your child, knows how to swim, get emergency help, and perform CPR.
- ♦ Watch out for the “dangerous too’s” – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- ♦ Please take your children on bathroom breaks and/or change diapers often. Wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- ♦ Please do not let children swallow the pool water. In fact, avoid letting them get the water in their mouth.
- ♦ When participating in a “group swim” activity (birthday party, special event, etc.), designate adult “Water Watchers” to ensure the safety of all participants. Avoid the “everybody’s watching but nobody’s watching” syndrome. It only takes a second to drown.





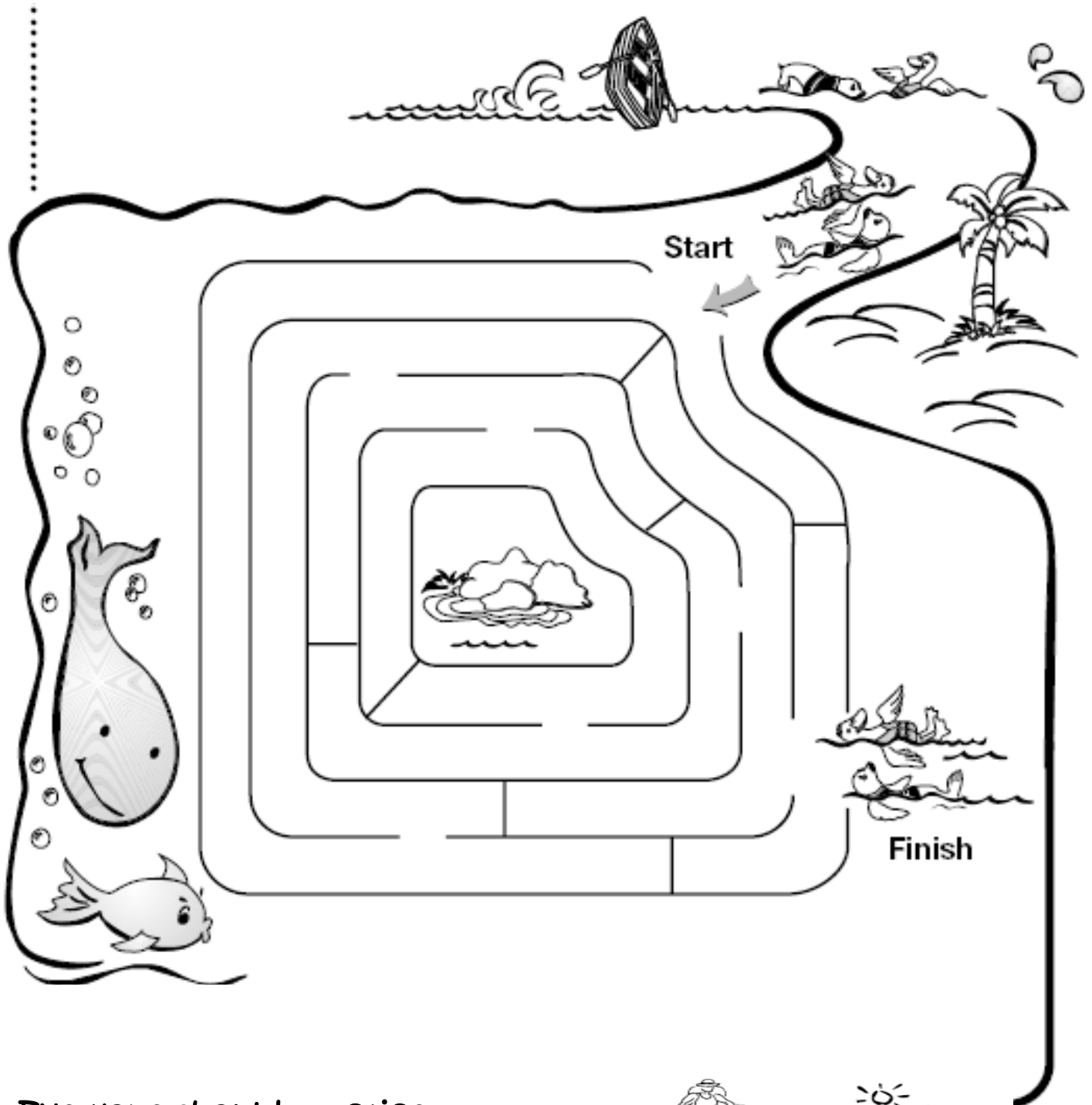
WHEN IN A BOAT
ALWAYS WEAR
A LIFEJACKET.

AND ALWAYS
CHECK THE
WEATHER



Learn to Float Maze

Learning to float is really important in case you get too tired to swim. Help Surfer and Diver float downstream through the maze.



Everyone should practice floating in a safe place, like a swimming pool, with an adult watching.





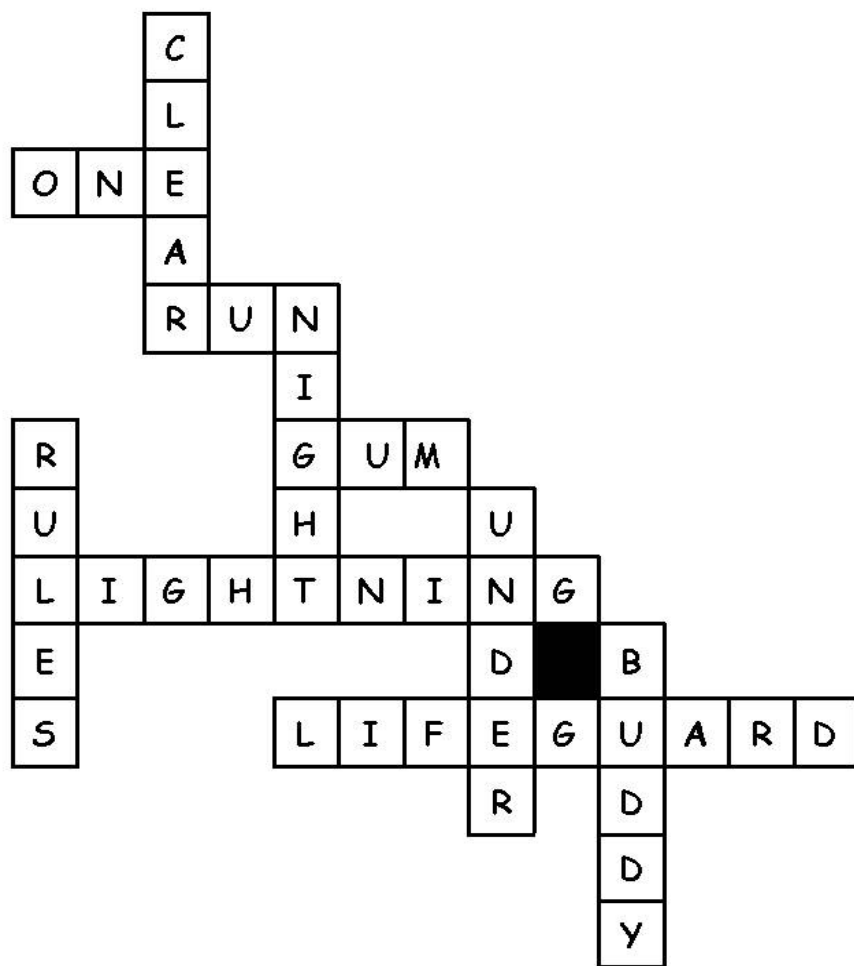
Try to find the things that keep you safe in and around the water:

life vests (find all 4)
 life guard
 rope around the swimming area
 swimming instructor
 "NO DIVING" sign
 ring buoy (ring-shaped floating device)
 sunglasses
 emergency telephone
 first aid kit
 bottle of sunscreen
 sun hats (find all 3)

Have you ever tried on a life vest before? It's very important that you have one that fits well. Go try yours on to see if it still fits, or go to the store and find out which size you wear. Now

raft
 sailboat
 sand castle
 shovel & bucket
 seashell
 beach ball
 ice cream cone
 mask and snorkel
 swim fin
 inner tubes

Be COOL and Follow the RULES



Sentence Correction

Can you make the changes on these rules to make them right?

1. Wear a lifejacket when, in a boat Wear a lifejacket when in a boat.
2. Always swimm with a grownup? Always swim with a grown-up.
3. Don't ever swim at knight. Don't ever swim at night.
4. Do know swim if the water feals to cold. Do not swim the water feels too cold.
5. Follaw, the posted swimming, rules? Follow the posted swimming rules.
6. Nevr chew gums when you our swimming Never chew gum when you are swimming.

BE PHONE SMART...

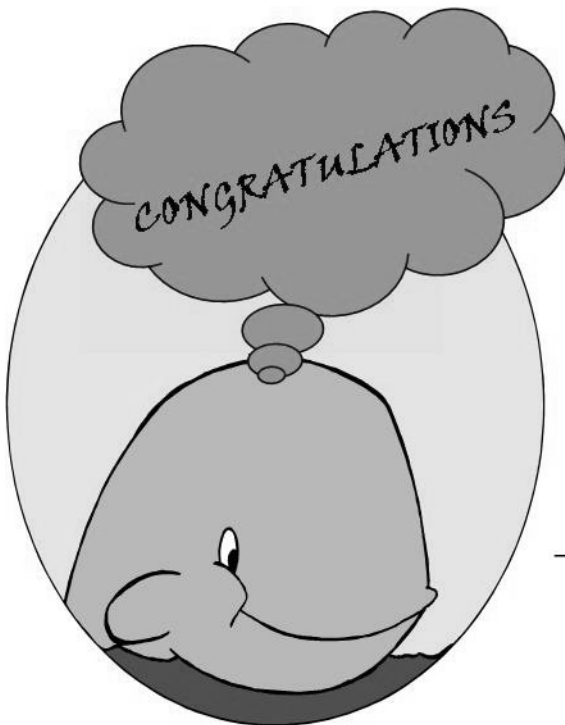
Know how to call for help in an emergency!

HAVE YOUR PARENTS FILL IN THE INFORMATION BELOW, LAMINATE IT, AND KEEP IT NEXT TO YOUR SWIMMING POOL PHONE.

IMPORTANT IMPORTANT	Street Address _____
	Ambulance _____ Other _____
	Fire Dept. _____
	Police _____
	Neighbor _____

CERTIFICATE OF ACHIEVEMENT

Knows how to play it safe in and around the water.



- ☐ Knows how to use the "Buddy System."
- ☐ Knows how to call for help in an emergency.
- ☐ Has promised to never run or "horse around" by the pool or water.
- ☐ Has made sure that their parents have read the "Grown-ups Checklist."

SIGNED _____

DATE _____